

## CCHC LESSON PLAN FOR CHILDREN'S HEALTH PROMOTION

Presentation Title: Too Much TV

Submitted by (LPHA name or DHSS): St. Charles County

Date submitted: March 2018

Learning Objective(s):

Children will:

- Verbalize Two Reasons Why They Should Limit Screen Time
- Name One Activity They Would Enjoy Doing Instead of Screen Time
- Be Able to Name One Example of an Educational Screen Activity

Presentation Outline (not to exceed 30 minutes):

Introduction to Myself and Topic

"Who Here Enjoys Watching TV and Playing On A Tablet?"

"Do You Watching TV Or The Tablet More Than You Play With Your Toys or Go Outside?"

Importance of Limiting Screen Time:

- Sleep Better
- Have Time To Make Friends
- Spend Time With Your Family
- Have Fun Being Active Outdoors

Educational Screen Time:

- Not All Screen Time Is Bad examples:
- PBS
- Leap Frog

\*Have a Parent Interact With You During This Screen Time To Help You Understand and No More Than 30 Minutes at a Time

Read Book:

Either The Berenstain Bears" Too Much TV" Or Oillie Outside

Discuss Book

Talk About Other Activities:

Playing Outside

Reading Books

Coloring

Playing With Pets

Resources used (story books, video, props):

NOTE: VIDEO PORTION MUST NOT EXCEED MORE THAN HALF OF TOTAL TIME OF PRESENTATION

**Books: Berenstain Bears " Too Much TV" or Oillie Outside**  
**Coloring sheet**

Children's Health Promotions are developed utilizing best practice references such as the "Kansas and Missouri Core Competencies for Early Childhood and Youth Professionals" (Content Area V: Health and Safety), and the National Health and Safety Performance Standards, "Caring for Our Children." Consultants developing new lessons for children's health promotions should use this template and submit to the CCHC Program Manager for approval. Health Promotion Lesson Plans already approved by the CCHC Program Manager are approved for use by any contracting LPHA. Approved lesson plans are reviewed by the CCHC Program Manager at a minimum of every three years, and are therefore considered approved if in circulation until otherwise instructed by the CCHC Program Manager.